

FITNESS ON FIFTH



FEBRUARY 2020



For more information: (954) 214-6781

www.fitnessonfifthflorida.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	CIRCUIT WITH BETH		CIRCUIT WITH BETH		CIRCUIT WITH BETH		
7 AM	CIRCUIT WITH BETH		CIRCUIT WITH BETH		CIRCUIT WITH BETH	EVO ACTIV W/ CIARA	
8 AM	↓↓↓↓↓↓↓↓↓↓↓↓		↓↓↓↓↓↓↓↓↓↓↓↓		↓↓↓↓↓↓↓↓↓↓↓↓		
8:30 AM	ZUMBA W SUSAN	PIYO WITH RACHEL	ZUMBA W SUSAN	PIYO WITH RACHEL	ZUMBA W SUSAN	ZUMBA W SUSAN	
9:30 AM	CORE W SUSAN	PRIVATE-DEE DEE	CORE W SUSAN		CORE W SUSAN	ZUMBA W ALEX	
10:00 AM	TABATA W MEREDITH	↓↓↓↓↓↓↓↓↓↓↓↓	TABATA W MEREDITH		TABATA W MEREDITH	↓↓↓↓↓↓↓↓↓↓↓↓	
10:30 AM	↓↓↓↓↓↓↓↓↓↓↓↓		↓↓↓↓↓↓↓↓↓↓↓↓		↓↓↓↓↓↓↓↓↓↓↓↓	↓↓↓↓↓↓↓↓↓↓↓↓	
11 AM	BARRE WITH KATE		BARRE WITH KATE	ZUMBA WITH ALEX		PRIVATE	
11:30 AM	↓↓↓↓↓↓↓↓↓↓↓↓		↓↓↓↓↓↓↓↓↓↓↓↓			↓↓↓↓↓↓↓↓↓↓↓↓	
12 PM	PRIVATE-JEANNIE		PRIVATE-JEANNIE		PRIVATE- JEANNIE		
1 TO 5:30 PM	PERSONAL TRAINING BY BETH CALL FOR APPOINMENT (815) 441-8974						
5:30 PM	PRIVATE	CIRCUIT WITH BETH		PRIVATE			
6 PM	PRIVATE	↓↓↓↓↓↓↓↓↓↓↓↓	EVOACTIVE W CIARA 5:45	PRIVATE			
6:30 PM	PRIVATE			PRIVATE	BEG HEELS) HATTIE		
7:30 PM	HIP HOP W JEANNIE	HIP HOP W JEANNIE		HIP HOP W JEANNIE	HEELS WITH HATTIE		
8:30 PM	↓↓↓↓↓↓↓↓↓↓↓↓	↓↓↓↓↓↓↓↓↓↓↓↓		↓↓↓↓↓↓↓↓↓↓↓↓			